



Peanut Butter Bonbons

 Dairy Free

READY IN



45 min.

SERVINGS



84

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup butter softened
- ☐ 1.5 cups graham cracker crumbs crushed finely
- ☐ 18 ounce chunky peanut butter
- ☐ 4 cups powdered sugar
- ☐ 1.5 cups roasted peanuts finely chopped

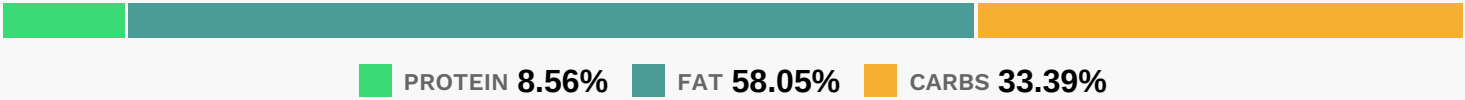
Equipment

- ☐ hand mixer

Directions

☐ Beat peanut butter and butter at medium speed with an electric mixer until creamy; add graham cracker crumbs, beating until blended. Gradually add powdered sugar, beating at low speed until blended. Shape into 1-inch balls, and roll in peanuts. Cover and chill 1 hour. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.05, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.9760869645068%

Nutrients (% of daily need)

Calories: 99.38kcal (4.97%), Fat: 6.71g (10.32%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.11g (2.95%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 72.83mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Manganese: 0.15mg (7.53%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.64mg (4.25%), Magnesium: 15.61mg (3.9%), Phosphorus: 34.34mg (3.43%), Folate: 9.23µg (2.31%), Fiber: 0.57g (2.3%), Copper: 0.04mg (2.18%), Vitamin A: 96.66IU (1.93%), Vitamin B6: 0.04mg (1.77%), Potassium: 58.4mg (1.67%), Zinc: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.36%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.15%), Vitamin B5: 0.1mg (1.03%)